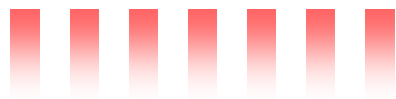


EXTENSION CONNECTION

a newsletter to support your
health, home, and family life

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Summer 2023

SERVING ADAMS, GREEN LAKE, MARQUETTE
& WAUSHARA COUNTIES



**We want to hear
from you!**

**Please click on link or use
QR code to take this
brief survey.**

[Survey Link](#)



Educational Articles:

Helping Others is Good for Us, Too

In early May, I attended a work conference I had never been to (in person) before. This year for the first time in the long history of this conference, the organizers had set up a variety of opportunities to come in early or stay later to help out in the community. On the first day a group of my colleagues (most of whom I had not met) and I prepared a meal for individuals and families at a homeless shelter. On the second day, another group and I packaged sets of diapers and children's books for families struggling to make ends meet.

Even though the conference itself was rich with networking opportunities and inspiring presentations of great work happening across the state, when I look back at my first experience attending this event, those volunteer experiences were the greatest highlight.

ONE OF THE
GREATEST GIFTS
YOU CAN GIVE IS
YOUR TIME

#VOLUNTEER

Helping others is not only good for them, it is good for us. I may never meet the people whose bellies were filled with a wholesome meal, or the young children who got a free diaper and some reading time with a loved one. But that doesn't matter. It just *feels good* to help.

Research affirms that helping other is good for our mental and physical health. It can:

- Get our minds off of our own struggles
- Reduce cortisol (the stress hormone), which in turn reduces the risk for heart disease, stroke, depression, and other illnesses.
- Produce positive, relaxing feelings from the release of dopamine
- Give us a sense of purpose and meaning
- Build our skills
- Foster new and deepening relationships

There are many ways to be helpful to others: through simple acts of kindness, actions that entertain, taking a task off someone else's plate, making a donation, and volunteering in service to others, to animals, and to the planet. There is no shortage of need, and the opportunities are endless. What skills do you have to share? What passions drive you? And when you've given your time and energy, how much more will you have gained from the experience?

By: Sheila Michels, Health & Wellbeing Educator, Adams County



Extension
UNIVERSITY OF WISCONSIN-MADISON

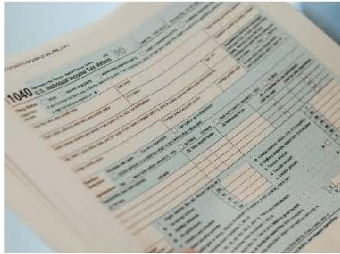
Recordkeeping Recommendations

Saving receipts, paystubs, tax forms, and other documents can be important. But it can be challenging to know which documents to save, how long to keep them, and which papers to throw away.

This information sheet provides tips on documents you should save, how to save documents, and how to throw documents away.

Documents to save until they expire, are updated, or are no longer valid:

- U.S. identity documents like driver's licenses, social security cards, permanent resident cards, birth certificates, passports, death certificates, and others
- Court filings
- Military records
- Marriage licenses and divorce & custody decrees
- Insurance documents for health, auto, home, and other insurance policies
- Adoption documents
- Wills, powers of attorney
- Warranties for purchases
- Real estate documents
- Any documents related to identity theft or a dispute with a creditor.
- Household member's health information such as prescriptions, vaccination history, and others
- Financial documents such as retirement plan documents, bank account & routing numbers, beneficiary forms, investment account numbers, and others



Documents to save for certain time periods:

- Tax filing documents such as W-2 forms and 1099 forms. These documents should be kept for at least 7 years.

- Medical bills. These documents should be saved for at least 1 year or until any billing dispute is resolved, whichever is longer.

The best way to save documents can depend on your preference or situation. No matter your preference, it is important to save documents in a secure place and it can be helpful to save documents in multiple ways.

How to save documents:
Paper storage—you save the printed documents.

- Home filing cabinet
- Fireproof document box
- Safety deposit box at a bank or credit union

Electronic storage—you save digital copies of documents.

- Personal cloud storage. May be available through your email account or other online service.
- Digital safety deposit box through a bank, credit union, or other online service.
- USB storage device
- Personal computer



Saving documents is important. However, throwing away documents is important too! Getting rid of documents, you no longer need, such as an old utility bill, can help keep your personal information safe. Here are tips on how to securely throw away personal documents:

- Shred documents. Check your city's website and local stores for free document shredding events.
- Delete from electronic device. Use 'secure delete' software to delete electronic documents.

Talk about how to save your records and protect your information with your county's financial educator. Visit <https://counties.extension.wisc.edu/> for more information.

Tips and tools help parents answer their kids' tough questions about underage drinking

Marquette County Health Communities Healthy Youth (HCHY) is partnering with the Wisconsin Department of Health Services to release detailed tips and tools as part of **Small Talks**, a campaign to prevent underage drinking in Marquette County. This effort encourages adults to have short, casual conversations with kids frequently, starting at age 8, on the dangers of drinking alcohol before the age of 21.

Parents, loved ones, and other caring adults are the most powerful influencers on a child's choices about underage drinking. All you have to do is talk and listen. There's no big production necessary. You can have a small talk anytime, anywhere. Help a child sort out what they hear from friends or see on TV before someone hands them a drink.

While having these small talks are great, some people may want a little more help with some of those tough questions by kids.

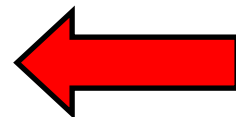
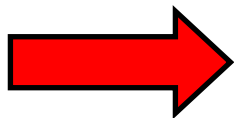
When you explain to kids that drinking can be harmful, it's natural for them to ask why adults drink alcohol. And as a parent/caregiver, it can be tricky to know how to respond. We wanted to provide you with answers to the hard questions you may receive.

In addition to providing common questions and answers, the materials provide guidance on how to teach kids to say "no" to alcohol in peer-pressure situations.

Visit the Small Talks campaign website – SmallTalksWI.org – for underage drinking talk facts, tips, and more. Share your small talks moments on social media using #SmallTalksWI.

For more information about preventing underage drinking in Marquette County, visit marquettehchy.org

Submitted by: Hannah Zellmer, Human Development & Relationships Educator, Marquette County





Authors: Margaret Kerr, Jenna Klink, Amanda Coorough, Patricia Carroll, Adam Trunzo, and Danielle Hairston Green

EXECUTIVE SUMMARY

Our Journey



UW-Madison Division of Extension realized we were not serving fathers in our outreach programming at anywhere near the same extent that we had been serving mothers. Given the importance of fathers for child development and family well-being, fathers should be a major target audience for Extension programming as well as for other family-serving organizations and community service providers. Given that fathers are systematically underserved in these areas, we decided to intentionally assess what fathers in Wisconsin need and where the gaps are in current services before creating new programming.

Methods

Thirty-five fathers gave input via seven focus groups (one in Spanish and six in English).

Fathers in different parenting situations participated: fathers with full custody, fathers who share custody with co-parents, fathers without custody, and fathers impacted by the criminal legal system.

Thirty-two community partners provided input via twelve interviews and six surveys. Organizations included but were not limited to family service providers, child protection, domestic violence agencies, human services, and jails.

Findings



BIG PICTURE QUESTION 1:

How do fathers define successful fatherhood?

Fathers shared what fatherhood meant to them: active involvement, nurturing relationships, and role modeling. Another finding emerged around fathers' desire to be fathers and to be involved with their children, despite the numerous barriers and challenges fathers face.



BIG PICTURE QUESTION 2:

What do Wisconsin fathers need most?

Fathers' needs emerged into four main themes: **1) Basic Life Needs and Resources;** **2) Parenting Support;** **3) Systemic Barriers to Fatherhood;** and **4) Challenges and Consequences Related to the Legal System.** Overall, fathers need more than just parenting support. Their ability to get their basic needs met and to successfully navigate the legal system (both criminal and family court) impede their ability to be fully engaged in their fatherhood role. This is further exacerbated by society's attitudes and gender norms that negatively impact fathers.



BIG PICTURE QUESTION 3: What are possible solutions?

Opportunities for future programming to better support fathers includes: 1) helping fathers and father figures with parenting by designing **programming and resources** for fathers' specific needs; 2) **creating spaces** for fathers to come together around their role as parents; 3) **adapting** existing parenting programming and resources to be more inclusive and welcoming towards fathers; 4) helping fathers **advocate** for their rights; and 5) increasing society's value of fathers through broadly **disseminating research and information** about the importance of fatherhood for family well-being.

This report demonstrated the many challenges fathers face in being present for their children and highlighted the need to re-evaluate how we as a culture value fathers, fatherhood, and parenting more broadly. Fathers in this needs assessment repeatedly expressed challenges to being included and welcomed across many parenting contexts, and are unable to overcome the expectation that their primary role in the family is to be a financial provider. **Meeting the needs of fathers, those discussed in this report and more broadly, is likely to result in downstream benefits for the whole family, and is of critical importance.**

Recommendations



1 Disseminate findings and collaborate across sectors

We suggest that community partners facilitate discussions with people in their organization and communities. Use this report, and corresponding products, to talk to others about father-related initiatives or the importance of valuing fathers.



2 Create and facilitate peer support for fathers

One of the most prevalent findings in this report across both fathers and community partners is the desire for fathers to learn from and support each other. We recommend that family serving agencies work to provide an environment for fathers to foster social connections and facilitate peer groups of fathers with shared experiences.



3 Hire and engage more men in family serving professions

For people to feel welcome and included, family serving organizations must have staff that reflects the diversity of the populations served. This necessitates recruiting, hiring, and retaining fathers as staff and program leaders.



4 Engage mothers and other parental figures in fatherhood work

In order for fathers to be successful, mothers and other parental figures need to partner in the process of elevating positive fatherhood. Mothers and other co-parents must reflect on gatekeeping behaviors and acknowledge the importance of involving fathers in their children's lives.



5 Increase awareness of attitudes and stigmas that serve as barriers to father engagement

More broadly, systemic change within our communities and culture in which fathers live must be a priority. Partners should proliferate communities with positive messages and images of fatherhood, as well as research that highlights the critical importance of father engagement in family well-being.

WHAT CAN I DO?

Perhaps you are a director of an agency and will call a meeting to discuss fatherhood, or perhaps you will decide to talk with a coworker about father-related initiatives. Another starting point is to speak up, even in small ways, when you notice fathers being excluded, stereotyped, or otherwise devalued. Remind people around you that fathers are more than babysitters or financial providers. If you are a family service provider, make small steps towards including fathers. Try some things out, talk with fathers, keep what works over time and adapt. View this as a marathon, not a sprint.

Contact: Dr. Margaret Kerr, PhD
margaret.kerr@wisc.edu

UW-Madison Division of Extension
 Human Development and Relationships
 Institute

Published in November 2022

The University of Wisconsin-Madison
 is an equal opportunity and affirmative
 action educator and employer.

Design & illustration by Queridomundo
 Creative LLC

Scan here
 to see full
 report:



Recent Programs



Marquette County Family Adventure Day 2023 was a huge success! The event drew over 400 people, including families from across Marquette County and some communities beyond our borders, too.



WORKING TOGETHER



BIG CART RIDES



The event offered 41 booths, a baby animal farm, and big cart rides. Other booths featured a family block building party, obstacle course, fitness challenge, making mini-catapults, planting seeds, a magician, and so much more!



OVER 400 PARTICIPANTS

Family Adventure Day was fully funded through community sponsorship. Our Gold (\$500) Donors included Brakebush Family Foundation, Gunderson Moundview Clinic-Westfield, and the Oxford VFW Post 6003. Many community businesses and groups donated funds and prizes!



INTERACTIVE BOOTHS



FUN & LEARNING



RESOURCES

Organized by:
 Marquette County UW- Extension Family Engagement/Relationships & Youth Development
 Marquette County Health Department
 Marquette County – 4H
 Marquette Early Learning Center – Head Start
 High Marq Environmental Charter School
 Literacy Volunteers – Marquette County

Aging Mastery Program Wraps Up in Adams County

People in the U.S. today are living longer than they used to, with a larger portion of their later years in good health. The Aging Mastery Program aims to help people aged 55 and up to make the most of the gift of time by making small changes in their everyday lives that can yield big results. Participants learn tips for staying healthy, preventing falls, managing finances, and advance planning, just to name a few. Beyond that, they build new friendships with one another and make new connections in their community.

The Aging Mastery Program was held in person at the Adams Community Center for five weeks from mid-April into May, in partnership with the Aging & Disability Resource Center. The class met for a series of 10 sessions, with each 90-minute session discussing a new topic. Eight sessions featured guest speakers from the local community, who each added a unique and meaningful element to the program. We are immensely grateful for their willingness to share their expertise and experience with the class.

If you are interested in attending a future Aging Mastery Program class, contact Extension Adams County at 608-339-4237.



Aging Mastery Program in Waushara County

An Aging Mastery Program (AMP) was held in Waushara County from April 6-May 11. Fourteen participants learned how to better take care of themselves in ten different areas. Special guest speakers shared their expertise and knowledge about exercise, healthy eating and hydration, falls prevention, medication management, healthy relationships, advance planning, sleep, and community engagement. Waushara County has held the AMP series annually since 2016, with over 160 graduating participants!



Val Ladwig, Dept. of Aging
Dietitian: Healthy Eating



Amanda Kutcher, ADRC:
Falls Prevention



Mary Kunash, the Argus:
Community Engagement

Community Resources:



Our mission is to improve the health and well-being of all people in the communities we serve through Primary Health Care, Behavioral Health, Dental Services, Massage Therapy, and more.

Family Health La Clinica (FHLC) is a place where every member of your household can receive quality healthcare. As a community health center, FHLC welcomes patients at five locations in central and south central Wisconsin including Wautoma, Mauston, Beaver Dam, Friendship, and Stevens Point.. FHLC also uses the Mobile Health Center to offer medical services to migrant and seasonal agricultural worker communities.

FHLC's modern facilities and statewide reach are the work of decades. They have a rich, community-led legacy and are honored to live the mission through their daily work. Family Health La Clinica – Wautoma is located at 400 South Townline Road, Wautoma. Call (920) 787-5514 to schedule your appointment. Have forms to fax? Fax to (920) 787-4737. Services include: Medical, Massage Therapy, Dental, Behavioral Health, and Substance Abuse Recovery.

Looking for something fun or rewarding to do?

“Adams County Health & Wellness Opportunities” is your guide to physical activity, recreation, and community connection across Adams County. Take a look, and see what your next adventure could be !

Visit go.wisc.edu/e2945w

or scan the QR code
using your smartphone camera



NARROW ROAD MINISTRIES

47 W Montello Street



FREE

Clothes & Shoes!

Infants Kids Women's Men's



OPEN: EVERY MONDAY & THURSDAY

**+ FIRST SATURDAY
OF THE MONTH**

10:00-NOON

ALL ARE WELCOME!

*No income restrictions



@NarrowRoadMontello



Upcoming Programs:

Triple P: Positive Parenting Program

Provide parents of children ages 0-12 years with a toolbox of strategies to raise confident and healthy children.

Who: Parents/caregivers or early childcare educators (Attend one or as many as you can)

Date: June 7th- Raising Confident, Competent Children

June 14th- Raising Resilient Children

June 21st- Managing Fighting and Aggression

June 28th- Developing Good Bedtime Routines

Time: 12:00-1:00pm

Where: Online

To Register: <https://go.wisc.edu/8eht9l> or call 608-297-3141

Contact: Hannah Zellmer

Babysitting Basics Class

A high quality class to make YOU the best babysitter possible! The course covers: basic child development, positive discipline, nutrition, diapering, entertaining children, safety and Heartsaver CPR certification.

Who: Youth age 11-15

Date: June 15th, 2023

Time: 8:00 am- 4:00 pm

Where: Marquette County Services Building, 480 Underwood Ave. Montello, WI 53949

Cost: \$30

To Register: <https://forms.gle/K14EbYyANRq3GP5B6>

Contact: Hannah Zellmer

Resilient Co-Parenting

A series of classes for parents/caregivers raising children together while living apart.

Dates and Topics: June 1st- Co-Parenting Teens

July 6th- Cope with Stress through Transition

August 3rd- Help Children with Strong Emotions

Time: 7:00- 8:00 pm

Where: Online

To Register: go.wisc.edu/d206g4

Contact: Hannah Zellmer

Marquette County Fair: Block Party!

An interactive booth display where families can explore and learn through playing with all different kinds of blocks. Playing with blocks can provide experiences where children learn math, science, new words, pre-reading skills, social skills, and physical skills.

Who: All ages!

Dates: July 6th & 7th

Time: 10:00 am- 4:00 pm

Where: Marquette County Fairgrounds, Fairground St. Westfield, WI 53964

Cost: Free

To Register: No registration required

Contact: Hannah Zellmer

Touch a Truck Event

Children of all ages can touch, climb on and explore different vehicles including fire engines, police cars, and construction vehicles. Games, activities and lots of fun for the whole family!

Who: Children and families of all ages

Date: August 19th, 2023

Time: 10:00 am- 1:00 pm

Where: Marquette County Fairgrounds, Fairground St, Westfield, WI 53964

To Register: No registration required.

Contact: Hannah Zellmer at 608 297 3139 if you are interested in volunteering or bringing a vehicle to this event.

BUYING IT...

Look for firm, bright green spears with tightly closed tips.

Store it in the refrigerator by standing stems up in a container with about 1 inch of water; cover loosely with plastic bag.

SERVING IT...

Bake, grill, boil, steam, or microwave asparagus spears.

Dip raw or lightly cooked asparagus spears in lowfat dressing.

Stir-fry chopped asparagus, sliced bell peppers, sliced onions, and strips of chicken. Serve with brown rice.

Asparagus



ROASTED VEGETABLE MEDLEY

Makes 4 servings. 1 cup per serving.

Cook time: 50 minutes

Ingredients:

nonstick cooking spray
 1 cup chopped baby carrots
 1 cup chopped eggplant
 1 cup chopped asparagus
 1 teaspoon vegetable oil
 2 cloves garlic, chopped
 4 teaspoons dried basil
 1 cup chopped mushrooms
 1 small zucchini, chopped

1. Preheat oven to 450 F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.

RESILIENT CO-PARENTING

A series of topic-specific classes for parents or caregivers raising children together while living apart.

Join us for any or all of the following sessions!

Feb. 2nd:	Families Fighting Fair
Mar 2nd:	Successful Stepfamilies
April 6th:	Navigate Difficult Conversations
May 4th:	Parenting from a Distance
June 1st:	Co-Parenting Teens
July 6th:	Cope with Stress through Transition
Aug. 3rd:	Help Children with Strong Emotions
Sept. 7th:	Relationship Readiness
Oct. 5th:	Self Compassion
Nov. 2nd:	Mindful Money Practices
Dec. 7th:	Forgiveness for Moving Forward

7:00-8:00 pm over Zoom
1st Thursday of each month
in 2023!

Scan code or
use link to
register!



go.wisc.edu/d206g4



Extension
UNIVERSITY OF WISCONSIN-MADISON



Human Development & Relationships Institute

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

RESILIENT CO-PARENTING CLASS DESCRIPTIONS

Families Fighting Fair: *The way you manage conflicts with your co-parent greatly impacts your children. Learn skills for positive conflict management, compromise, reframing and active listening.*

Successful Stepfamilies: *Blended families face unique challenges when it comes to parenting. Learn about these challenges and some things that you can do to ease this transition for your children.*

Navigate Difficult Conversations: *Co-parents face many difficult decisions. Learn conversation skills for efficient communication with your child's other parent, so you can put their best interests first.*

Parenting from a Distance: *Parenting from a distance can be challenging. Learn ways to stay connected with your children when living apart and to make the most of the time you time together.*

Co-Parenting Teens: *Teenagers need continued parental support to become happy, healthy young adults. Learn ways to co-parent cooperatively to support your teenager in developing positive family relationships, a healthy lifestyle, and a positive connection in their community.*

Cope with Stress through Transition: *The stress of co-parenting can be overwhelming. This session will use the WeCOPE curriculum, which has been shown to reduce stress and depression, increase positive affect, and improve health behaviors.*

Help Children with Strong Emotions: *Children experience a wide range of emotions through the transition of separation or divorce. Learn ways to support our children through these strong emotions, to help reduce their stress and build their emotional intelligence.*

Relationship Readiness: *Are you entering into a new romantic relationship? Assess your relationship readiness and learn tips to help your children adjust to new relationships.*

Self Compassion: *Self-compassion is a skill that can be learned and practiced to enhance our health and well-being. Explore different self-compassion exercises and how to develop a personal and consistent practice.*

Mindful Money Practices: *Spending money wisely shouldn't be an exercise in frustration, but a series of deliberate choices that reflect how you want to live your life. Mindfulness can help you make purposeful choices with money.*

Forgiveness for Moving Forward: *Forgiveness is a gift we give ourselves and others. Letting go of resentment and bitterness yields many benefits, including a better co-parenting relationship. Explore what forgiveness is - and isn't - as you learn the steps of the process.*



Human Development & Relationships Institute



Triple P: Positive Parenting Program

For parents of children 0-12 years

Small changes. Big differences.

Triple P provides parents with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior.

Wednesdays in June! 12 - 1pm over zoom



June 7 - Raising Confident, Competent Children

June 14 - Raising Resilient Children

June 21 - Managing Fighting & Aggression

June 28 - Developing Good Bedtime Routines

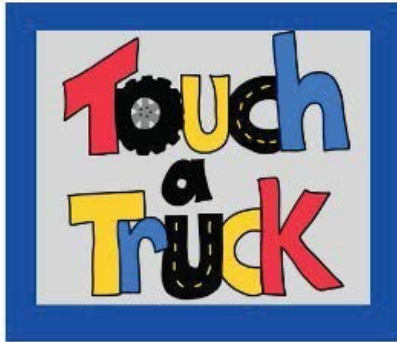
Join us for
one or all!

To Register
Scan QR Code
or go to
go.wisc.edu/g7c2ly



Questions or need help registering? 608 297 3141 or hannah.zellmer@wisc.edu

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TOUCH A TRUCK
August 19th, 2023
10:00am- 1:00pm
Marquette County Fair Grounds

- HOW CAN YOU HELP?**
- Bring a vehicle!
 - Set up a fun activity booth
 - VOLUNTEER!!!
 - Donate a bike or raffle basket
 - Sponsor an activity!

**Save
the
date!!!**

Scan code to register a vehicle or volunteer!!



Organized by:



Marquette County Parent Leadership Team



For more information contact:
mindy.trimble@yahoo.com or hannah.zellmer@wisc.edu





Retirement Farewell from Mary Ann Schilling

I would like to share that I will be retiring with Thursday, June 8th will be my last day in the Waushara County office. It has been an honor and a privilege to teach, lead, and serve the citizens of Waushara County, and initially Adams County (2010-2013), as an Extension Educator in the discipline of Family Development.

My Extension career has been the highlight of my professional experiences. I was able to apply the knowledge I gained as I worked in Minnesota as a Registered Dietitian, a Family Educator, and an Early Childhood Educator before coming to work in Adams County in November 2010. I had the honor of partnering with UW Carbone Cancer Center's Cancer Health Disparities Initiative (CHDI) program staff and Adams County partners. Over a span of six years CHDI and I actively reached out to rural audiences across Wisconsin in order to address cancer disparities.

In December 2013 I started working in Waushara County. I continued the work with CHDI through 2017. Over the years I've developed relationships with amazing community partners including the Department of Aging, the ADRC, Public Health, Public Libraries, Waushara Villages, and Treatment Court to name some of them.

Through leading the REACH Wellness Coalition and the Financial Wellness Workgroup, and being involved on multiple committees and Treatment Court, I've enjoyed the close ties that have been developed as partners and I work to tackle tough issues in Waushara County and beyond. As I wind down my Extension career, I leave with a full heart and gratitude for the amazing people I've had the honor to work with over these 12 ½ years, including the outstanding colleagues in Area 14. I want to thank everyone who helped me to enjoy this amazing experience.

Sincerely,

Mary Ann Schilling





Our Contact Info

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 480 Underwood Ave. Rm. 136
 Montello, WI 53949
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 Email: hannah.zellmer@wisc.edu

Website: <https://marquette.extension.wisc.edu/family-living/>

Facebook: <https://www.facebook.com/marquette.uwex.edu/>



Sheila Michels, M.S.Ed.

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 Adams, WI 53910
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 Email: sgmichels@wisc.edu

Website: <https://adams.extension.wisc.edu/>

Facebook: <https://www.facebook.com/Adams-County-UW-Extension-173758896044912>



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